



Fresh Berry Cobbler

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup milk
- ☐ 4 cups blueberries
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons water

- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

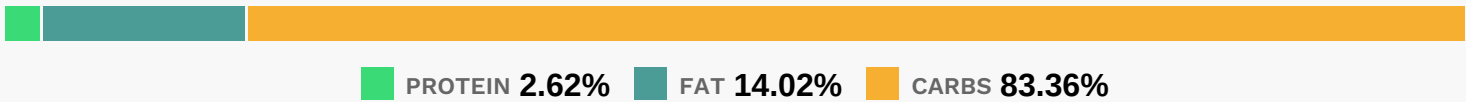
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat the oven to 425 F.
- ☐ In 2-quart saucepan, mix 1/2 cup sugar and cornstarch. Stir in raspberries, water and lemon juice.
- ☐ Heat to boiling over medium heat, stirring constantly. Continue boiling 1 minute, stirring constantly.
- ☐ Pour berry mixture into 8- or 9-inch (2 quart) glass baking dish.
- ☐ In medium bowl, stir Bisquick mix, milk, 1 tablespoon sugar and melted margarine just until blended and a dough forms. Drop dough by 6 spoonfuls onto hot berry mixture.
- ☐ Bake about 15 minutes or until berry mixture is bubbly and topping is light brown.
- ☐ Place baking dish on a wire cooling rack. Cool slightly.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.36, Glycemic Load:17.99, Inflammation Score:-4, Nutrition Score:4.1399999831034%

Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg, Petunidin: 31.11mg Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg, Delphinidin: 34.96mg Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg, Malvidin: 66.69mg Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg, Peonidin: 20.02mg Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg, Catechin: 5.22mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 156.25kcal (7.81%), Fat: 2.59g (3.99%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 32.29g (11.74%), Sugar: 28.97g (32.19%), Cholesterol: 1.22mg (0.41%), Sodium: 27.42mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin K: 19.07µg (18.16%), Manganese: 0.33mg (16.67%), Vitamin C: 9.9mg (12%), Fiber: 2.38g (9.53%), Vitamin E: 0.64mg (4.27%), Vitamin B2: 0.06mg (3.47%), Vitamin A: 153.26IU (3.07%), Copper: 0.06mg (2.96%), Vitamin B6: 0.06mg (2.91%), Vitamin B1: 0.04mg (2.84%), Potassium: 93.47mg (2.67%), Phosphorus: 22.89mg (2.29%), Vitamin B3: 0.42mg (2.12%), Calcium: 19.54mg (1.95%), Magnesium: 7.35mg (1.84%), Vitamin B5: 0.16mg (1.63%), Iron: 0.29mg (1.63%), Folate: 6.11µg (1.53%), Zinc: 0.2mg (1.35%)